

SONARPUR MOONLIGHT FOUNDATION



COURAGE TO WALK FORWARD

ANNUAL REPORT 2020-2021

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Message from Secretary :

We on behalf of Sonarpur Moonlight Foundation are happy to present our Annual Report for the year 2020-2021. First of all we want to thank all the frontline workers in their active participation in helping us contain the Covid – 19 pandemic, it has been an extremely difficult year as we are sorry for the loss. Due to the pandemic we were not able to perform the activities related to our AIDS and Hepatitis campaign we had planned but we kept on giving support to the people in our locality.

With the active help of the local authorities and the permission of the local police we have arranged Covid-19 awareness camps, mask and sanitizer distribution ceremonies and food distribution camps for the socially unprivileged people. We have followed all Covid-19 safety measures while doing so.

We convey our sincere thanks to all officials in local administration, the panchayats proddhan, local M.L.A., all our, well-wishers, villagers and the staff of our organization for their active participation in the development field. Everyone's joint effort has helped our organization reach every milestone that we have achieved so far.

Secretary

Message from President:

Sonarpur Moonlight foundation was established in the year 2011 having a goal of creating a drugs free society, help the mentally ill people and to aware the society of the deadly diseases like HIV and Hepatitis. First of all we want to thank all the front line workers for risking their lives to contain the spread of Covid 19 virus. The pandemic has been hard for everyone as well for us, the restrictions prevented us from doing certain activities that we had planned for the year. We did all that we can during this period, like hosting many Covid 19 awareness campaigns, mask and PPE kit distribution and food distribution for the under privileged people. We want to thank the authorities, the local police for providing their support in our endeavour. We hope with everyone's joint effort we can win this fight.

WHO WE ARE-

Addiction is a chronic, but treatable, disorder. People who are addicted cannot control their need for alcohol or other drugs, even in the face of negative health, social or legal consequences. This lack of control is the result of alcohol – or drug-induced changes in the brain. Those changes, in turn, cause behaviour changes. We the members of Sonarpur Moonlight Foundation intend to make a change in our currently substance dependent society where intravenous diseases such as AIDS are spreading rapidly like the Covid 19 virus.

Our work also focuses on Mental Health of people who are suffering from chronic illnesses like anxiety, depression and anger issues. Addressing these issues will help us reduce domestic violence, increase the socio economic status of addicted patients in turn creating a safe and drug free society.

ABOUT THE ORGANISATION-

Drug addiction treatment is intended to help addicted individuals stop compulsive drug seeking and use. Our treatment module consists of psychiatrists, psychologists, general physician and counsellors. We provide detoxification, de-addiction and rehabilitation to treat the issues of addiction. We help the substance abusers and drug users to achieve social reintegration, employment opportunities and education. We also treat substance induced mild psychological disorder. This module enables individuals to counteract addiction and its powerful and disruptive effects on brain and help them to regain control over their lives. Sonarpur Moonlight Foundation aims to ignite a change in our society and make it a better place.



Food Distribution Among HIV positive People

Aims -

- Drugs free society.
- HIV and Hepatitis B & C free society.
- To Improve individual Mental Health.

Objective -

- To start National Viral Hepatitis Control program with Govt. of W.B.
- To start Target Intervention project with West Bengal State AIDS Prevention and Control Society to inspire different cultural programs among recovering addicts and mentally ill people.
- Skill development and capacity building training for mentally ill and recovering drug addicts.
- To inspire different cultural programs among recovering addicts and mentally ill people.

Dream –

We the members of Sonarpur Moonlight Foundation feel that a drug free society is the first step towards a healthy society, a society free of domestic violence, crime and disease. As we all know the pandemic is at its peak and the health care system and front line workers are doing their best to contain this epidemic. We aim to do everything we can to stop the spread of the virus and help the under privileged people.

Vision –

Sonarpur Moonlight Foundation aims to provide the best treatment for people who are suffering from Addiction and Mental Health problems. We want to achieve excellence in the field of Mental Health and drug de addiction by spreading awareness about the importance of a healthy mind, how it directly effects the addicted patient and people around them.

Mission –

Since the Pandemic has reached its peak we the members of Sonarpur Moonlight Foundation are keen on helping the adversely effected people who lack the financial capacity to protect themselves from the deadly virus by our various activities.

Alongside our constant effort in helping the authorities in containing the virus we are also working on our own goal of achieving a drug free and mentally healthy society.

CURRENT PROJECT-

1. Drugs De-Addiction: Drug addiction is a condition characterized by compulsive drug intake, craving and seeking, despite negative consequences associated with drug use. Although being addicted implies drug dependence, it is possible to be dependent on a drug without being addicted. People that take drugs to treat diseases and disorders, which interfere with their inability to function, may experience improvement of their condition.

Such persons are dependent, but are not addicted. One is addicted, rather than merely dependent, if one exhibits compulsive behavior towards the drug and has difficulty quitting it. To qualify as being dependent a person must: Take a drug regularly, Experience unpleased symptoms if discontinued, which makes stopping difficult. Substance abuse can occur with or without dependency, and with or without addiction. Substance abuse is any use of a substance, which causes more harm than good. The brains of addicted people “have been modified by the drug in such always that absence of the drug makes a signal to their brain that is equivalent to the signal of when someone is starving.

Addiction grows more serious over time. Substance use disorders travel along a continuum. This progression can be measured by the amount, frequency and context of a person’s substance use. As their illness deepens, addicted, addicted people need more alcohol or other drugs; they may use more often, and use in situations they never imagined when they first began to drink or take drugs. The illness becomes harder to treat and the related health problems, such as organ disease, become worse.

Symptoms of addiction include tolerance (development of resistance to the effects of alcohol or other drugs over time) and withdrawal, a painful or unpleasant physical response when the substance is withheld. Many people with this illness deny that they are addicted. They often emphasize that they enjoy drinking or taking other drugs. People recovering from addiction can experience a lack of control and return to their substance use at some point in the recovery process. This faltering, common among people with most chronic disorders, is called relapse. To ordinary people, relapse is one of the most perplexing aspects of addiction. Millions of Americans who want to stop using addictive substances suffer tremendously, and replaces can be quite discouraging.

We Treat Through :

- De addiction unit
- Withdrawal management

Activities at our De-addiction Centre:

- Thought sharing
- Guided discussion
- Individual counselling
- Yoga therapy
- Skill development programme
- Aversion therapy



2. Mental Health Treatment :

Mental Health involves effective functioning in daily activities resulting in:

- Productive activities (such as in work, school or caregiving).
- Healthy relationships.
- Ability to adapt to change and cope with adversity.

Mental Illness refers collectively to all diagnosable mental disorders — health conditions involving:

- Significant changes in thinking, emotion and/or behavior.
- Distress and/or problems functioning in social, work or family activities.

Mental health is the foundation for emotions, thinking, communication, learning, resilience, hope and self-esteem. Mental health is also key to relationships, personal and emotional well-being and contributing to community or society. Mental health is a component of overall well-being. It can influence and be influenced by physical health.

We Sonarpur moonlight Foundation are keen on provide diagnosis and referring appropriate treatment for all patients who seek our help. Recovering addicts are one of our major concern, the road to recovery is not easy and active counselling helps them to get habituated to a normal life.

We treat everyone who is experiencing one or more of the following diagnoses:

- Substance use disorders with a primary psychiatric problem
- Drug Addiction
- Anxiety Disorders
- Depressive Disorders
- Bipolar Disorder
- Schizophrenia & other psychotic disorders
- Stress Disorders

সোনারপুর মুনলাইট ফাউন্ডেশন
সব সময় মানুষের পাশে ছিল, আছে ও থাকবে।



বিনামূল্যে স্বাস্থ্য পরীক্ষা শিবির
তারিখ : ০৮/০৯/২০১৯ বুধবার
সময় : সকাল ১০ ঘটিকা
পরিচালনায়
সোনারপুর মুনলাইট ফাউন্ডেশন
সহযোগিতায়

বিনামূল্যে পরিসেবাগুলি হলো :
☺ ডাক্তারের পরামর্শ
☺ ই.সি.জি. পরীক্ষা
☺ ব্লাড সুগার পরীক্ষা
☺ ওজন পরীক্ষা

3.Covid related Social Work :

During the past few months we have reached out our helping hand to the socially under privileged by hosting numerous food, mask and sanitizer distribution campaigns.

Along with the authorities we have reached out to various frontline workers and we have helped them by providing PPE kits and various equipment's.



Our Future Plan-

- We aim to make a drug free society by spreading awareness about disadvantages of drug use.
- Educating people about HIV AIDS and spreading awareness on how to contain the disease

Our Thanks-

Our organization wants to thank all the volunteers, members of our team and the authorities who have supported us throughout our endeavours to contain the spread of the deadly Covid 19 virus. We express our gratitude and sincere thanks to everyone for providing the support and co-operation.